



Saratoga County Office for the Aging

April 2015

The Senior Sentinel

884-4100 885-5381 863-6112 587-8653 654-9003 798-0231

FRIDAY, MAY 15, 2015

Saratoga County Senior Citizens' Annual Spring Luncheon
At the Saratoga Springs City Center
Broadway, Saratoga Springs

**SAVE THE
DATE**

Theme: Starry Night Senior Prom



Practical Strategies for Alzheimer's Caregiving

A Conference for Caregivers

Wednesday, May 13th

5:00-8:00pm

Queensbury Hotel

Glens Falls, NY

\$20 Registration Fee Includes Dinner

FREE RESPITE AVAILABLE

**SAVE
THE
DATE**

Questions? Call
Erica Salamida
518-867-4999,
ext 303

Medicare Reminder

If you were denied coverage for a prescription drug, you should ask your plan to reconsider its decision by filing an appeal. Your appeal process will be the same whether you have a stand-alone Part D prescription drug plan or a Medicare Advantage plan that includes your Part D prescription drug coverage.

If your pharmacist tells you that your plan will not pay for your prescription drug, you should call your plan to find out the reason it is not covering your drug. Then, you should talk to your prescribing physician about your options. If switching to another drug is not an option, you should file an exception request – a formal coverage request – with your plan. Call your plan to learn how to file an exception request. Make sure you get a letter of support from your doctor and include that with your request.

Your plan should issue a decision within 72 hours. File an expedited request if you need your drug right away, and your plan should issue a decision within 24 hours. If your request is approved, your drug will be covered. If it is denied, you should follow the directions on the written denial you receive to appeal.

From our Dietician:

Whole Grain Myths

Misconceptions and half truths seem to have surfaced regarding whole grains, wheat in particular, which has created some barriers to meeting the U.S. Dietary Guidelines. The guidelines are to consume at least three servings of whole grains a day. A November 2014 nutrition conference was held to sort out these myths and set the record straight. Here's a list of some of these myths and corresponding facts.

Myth #1- Today's wheat crops contain more gluten than in the past.

Truth-The level of gluten in today's wheat crops is similar to what it was in the 20th century. Gluten consumption has increased however and this is attributed to the fact that gluten is added as a thickener or stabilizer to many processed foods such as soy sauce, ketchup, and processed meats.

Myth #2-Eliminating gluten from your diet is a good way to lose weight.

Truth-There is no evidence that decreasing or removing gluten from your diet will help with weight loss. If you lose weight on gluten free diet it is most likely due to taking in fewer calories because of the diet restrictions. In fact, research has shown that people who consume whole grains, which do contain gluten, either lose weight, or gain less weight over time compared to those who consume little or no whole grains.

Myth #3-Grain consumption triggers inflammation.

Truth-Chronic inflammation in the body is associated with a higher risk of several diseases including cardiovascular disease, high blood pressure and Type 2 diabetes. Research shows that consuming whole grains can reduce inflammation in the body.

Myth #4-All grains send blood sugar soaring and have a negative impact on health.

Truth-Eating whole grains can help maintain lower blood sugar levels. Persons who eat the most whole grains (even those that contain gluten) are less likely to develop Type 2 diabetes.

Myth #5-All wheat, including whole wheat is addictive.

Truth-Wheat has no addictive properties. Although research has found a compound in wheat that can interact with addictive receptors in the brain, this same compound is also found in milk, spinach and rice. Do we worry about becoming addicted to spinach?

Myth #6-Avoiding grains that contain gluten will lower the risk of certain diseases such as diabetes and cardiovascular disease.

Truth-Risk will only be reduced if you avoid highly processed refined grains such as cookies and cakes made with refined white flour whether they contain gluten or not. Whole grains can benefit health in many ways.

Unless you have been diagnosed with true gluten intolerance, sensitivity or allergy to a specific grain, there is no benefit to removing whole grains such as whole wheat, barley, quinoa, and brown rice from your diet. Instead strive to meet the recommendation for 3 servings of whole grains per day to add important nutrients and fiber to your diet which can benefit your overall health and reduce your risk of certain diseases.

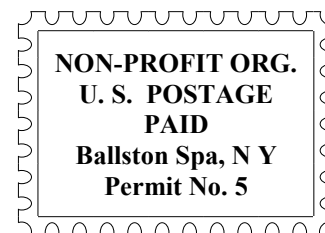
Medicare Monthly Tip: Have you tried Medicare's Blue Button yet? We've expanded it to let you view and download even more of your claims information to give you a better picture of your overall health. This can help you make more informed decisions about your care and can help you give your health care providers a more complete view of your health history.

Visit www.medicare.gov for more information.

Reprinted from Centers for Medicare and Medicaid Services

Saratoga County Office for the Aging
152 West High Street
Ballston Spa, N. Y. 12020

Return Service Requested



*Saratoga County Office for the Aging is funded by Title III of the Older Americans Act,
New York State Office for the Aging, the County of Saratoga and local Municipalities*

AARP Volunteer Tax Preparation

There is still some time left and appointments available before your taxes need to be filed. The deadline to file is Wednesday, April 15. Trained volunteers will prepare Federal and State personal income taxes for low to moderate income individuals. Electronic filing is available. **Please call one of the following locations for an appointment. They are required.**

<u>Location</u>	<u>Day</u>	<u>Phone</u>
Halfmoon Senior Center	Tues., Wed., & Thurs.	371-3892
Malta Community Center	Wednesdays & Thursdays	899-4411
Mechanicville Senior Center	Wednesdays	664-7877
Mechanicville Library	Mondays & Saturdays	664-4646
Moreau Community Center	Thursday	792-6007
Office for the Aging	Mondays	884-4100
Saratoga Springs Senior Center	Tuesdays	584-1621
Shenendehowa Adult Community	Monday thru Friday	383-1343
Southern Saratoga YMCA (Clifton Park)	Thursdays	2-1-1

**Please be sure to bring:
Your Social Security Card,
A Photo ID
A Copy of your 2013 Tax Return**

Saratoga County Public Health and the Office for the Aging Health Screening Schedule for
May 2015.

Waterford Senior Center	10:30am to 11:30am	May 19, 2015
Doubleday Woods	10:00am to 12:00pm	May 22, 2015